



## Central Texas Veterans Health Care System

---

# GOUT

---

### Primary Care Nutrition Tip

This handout provides only basic nutrition guidelines for this topic.  
See a Registered Dietitian (RD) for your individual needs.  
The Nutrition Clinic is a walk-in clinic (no appointment needed) in  
Austin, Temple and Waco and by appointment at CBOC's.  
Sign up with the clinic clerk to speak to a dietitian.

### **Other classes and programs available:**

**Diabetes Classes** - series of 3 classes with information from nursing, nutrition, pharmacy and activity specialists on how to manage your diabetes.

**Cardiovascular** - 3 hour class with nursing, nutrition and pharmacy information on heart health.

**Pre-Diabetes** — 90 minute class with nursing and nutrition information on reducing or delaying your chance of having diabetes. Available in Waco, Temple, Austin

**Renal** - 2 hour class with information from nursing and nutrition on kidney disease and management. Available in Temple, Austin

***MOVE!* Weight Management** - ***MOVE!*** is a national VA program designed to help veterans lose weight, keep it off and improve their health. ***MOVE!*** features a personalized program of nutrition, physical activity and behavior change. Visit [www.move.va.gov](http://www.move.va.gov) to find out more.

**Ask your Primary Care Team which of these classes is  
best for you and how to be enrolled.**



## Gout

Gout attacks are painful and often happen more than once. Taking medications may reduce pain and prevent attacks in the future. Always take your medications as ordered.

There are also some things you can do at home to relieve symptoms.

### What You Can Do

- Avoid alcohol
- Lose weight if you need to
- Drink plenty of water to help flush uric acid from your body



### Try these food tips

- Avoid too much red meat (beef, pork, lamb) by eating only small amounts.
- Avoid processed meats (bacon, sausage, cold cuts). Choose small amounts of fresh meats.
- Avoid organ meats (kidney, liver, sweetbread)
- Avoid shellfish (lobster, crab, shrimp, scallop, mussel)
- Avoid certain fish (anchovy, sardine, herring, mackerel)
- Decrease your intake of salt and sodium



**Rest the painful joint whenever you can.**

**Raise the painful joint so it is at a level higher than your heart.**

